**Mind–body connection**

Mental health disorders are common globally. This month, we are focusing on how nurturing your brain and improving your self-worth can help improve mental health and wellbeing.

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| **In this month’s engagement toolkit, you’ll find:**  **Featured articles** on how to nourish your gut to support your mental health and on improving your self-worth to improve your quality of life  A **worksheet** on determining your brain–gut connection  A **how-to video** on bodyweight exercises you can do at home  **Tips** on simple activities to keep your brain healthy  **Member training course ‘**Mindfulness**’**  **Manager training resources, including the podcast ‘**Leadership supporting self-esteem and the mind-body connection**’** |

[View toolkit](https://optumwellbeing.com/newthismonth/en-GB)

**What to expect each month:**

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|  | **Latest topics** – discover up-to-date content that focuses on a new topic every month |
|  | **More resources** – get access to additional resources and self-help tools |
|  | **Content Library** – ongoing access to your favourite content |
|  | **Support for everyone** – share toolkits with those who you think might find the information helpful |